Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the effects of canola oil and rice bran oil consumption on blood lipids and serum malondialdehyde in post menopausal type 2 diabetes women

Protocol summary

Summary

The present study is a randomized controlled trial On 75 postmenopausal women with type 2 diabetes Referred to the endocrinologist will take 2 months. After the patient's written consent to Random block design consisting of three groups of 25 persons Include a control group (sunflower oil) And intervention groups (canola oil and rice bran) divided And from 4 weeks before intervention Use of lipid-lowering drugs Be discontinued under medical supervision. A balanced diet is the energy equation Based on the formula EER, Based on current weight, For each of the participants in the study (Contains 55% carbohydrates, 18% protein and 27% fat) Calculated ,prepared and they will be explained During the intervening period Daily 30 g of the desired oils Using modulo 15 gr on boiled food or salads spills and take. At the beginning and end of the intervention , measurement of height, weight, systolic and diastolic blood pressure, blood lipid profile and serum malondialdehyde (By 5 ml fasting blood sample), taking 3-day food record will be doing.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014050417568N1**
Registration date: **2014-06-06, 1393/03/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-06-06, 1393/03/16

Registrant information

Name

Azade Salar

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 12 2624 4118

Email address

salar@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-04-04, 1393/01/15

Expected recruitment end date

2014-07-06, 1393/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of canola oil and rice bran oil consumption on blood lipids and serum malondialdehyde in post menopausal type 2 diabetes women

Public title

Effect of Different Types of Oils on Blood Lipids

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: Gender Female/ Being Postmenopausal/ Lung least 6 months experience for type 2 diabetes/ Routine consumption of sunflower oil Exclusion: TG>400 mg/dl and LDL_C>170 mg/dl/ Requires the lipid-lowering drugs/

Consumption Insulin/ Thyroid disorders, Kidney and liver disease, Cardiovascular disease/ Use of any medication or nutritional supplement/ Participation in other studies in the last 6 months/ History of allergies/ Consumption of Corticosteroids, NSAIDs and immunosuppressive, Cyclosporine and Warfarin/ Smoking/ Alcohol Consumption

Age
From **45 years** old to **75 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **75**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz Univercity of Medical Sciences

Street address
Zand street, Medical University Bildings

City
Shiraz

Postal code

Approval date
2014-04-14, 1393/01/25

Ethics committee reference number
CT-93-60-6990

Health conditions studied

1

Description of health condition studied
Type 2 Diabetes

ICD-10 code
E11

ICD-10 code description
None Insulin Diabetes Mellitus

Primary outcomes

1

Description
High Bood Lipid and Oxidative Stress

Timepoint
Baseline and End of Study

Method of measurement
Using 5 ml of Fasting Blood

Secondary outcomes

empty

Intervention groups

1

Description
Interventin Groups: Daily consumption of 30gr Canola and Rice Bran Oils during 2 months/ Control Group: Daily consumption of 30gr Sunflower Oil during 2 months

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Motahari Clinic

Full name of responsible person
00989111208385

Street address
Zand Street, Shiraz

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Doctor Seyyed Basir Hashemi

Street address
Madical University of Bildings, Zand Street

City
Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Shiraz University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty